

## CLAIMS

1. A bioabsorbable suture anchor for anchoring tissue to a bone, comprising:  
an elongate body defined by a longitudinal axis, a first, leading end and a second, trailing end, the elongate body comprising two opposed surfaces between the first and second ends, and a plurality of sidewalls extending between the two opposed surfaces;  
a flared portion formed on the second end and extending from one of the sidewalls, the flared portion being adapted to engage and anchor into bone tissue; and  
a suture channel formed in the elongate body for passage of a suture strand therethrough, the suture channel extending between the two opposed surfaces;  
wherein the suture anchor is configured to toggle and anchor inside a bone cavity.
2. The anchor of claim 1, wherein the length of the elongate body is in the range of about 2 to about 6 mm.
3. The anchor of claim 1, wherein the width of the second trailing end is about 1 mm to about 3 mm at its widest portion.
4. The anchor of claim 1, wherein the first, leading end is tapered.
5. The anchor of claim 4, wherein the first, leading end extends into a blunt tip having a continuous surface.
6. The anchor of claim 1, wherein the suture channel is bordered by an opening on each of the two opposed surfaces.
7. The anchor of claim 6, wherein a center of the opening is longitudinally offset with respect to the longitudinal axis of the elongate body.
8. The anchor of claim 7, wherein the opening has a chamfered rim.
9. The anchor of claim 7, wherein the opening has a smooth rim.

10. The anchor of claim 1, wherein the flared portion has a shape effective to penetrate into bone.
11. The anchor of claim 10, wherein the flared portion includes a sharp edge.
12. The anchor of claim 10, wherein the flared portion includes a flat, bone-contacting face with a knife edge.
13. The anchor of claim 1, further including an insertion tool engaging bore extending into the elongate body from the second trailing end thereof.
14. The anchor of claim 1, wherein the elongate body is formed with a blue dye for visualization.
15. A system for anchoring tissue to a bone, comprising:
  - a bioabsorbable suture anchor having:
    - an elongate body defined by a longitudinal axis, a first leading end and a second, trailing end, the elongate body comprising two opposed surfaces between the first and second ends, and a plurality of sidewalls extending between the two opposed surfaces;
    - a bore extending into the elongate body from the second trailing end thereof;
    - a flared portion formed on the second end and extending from one of the sidewalls, the flared portion being adapted to engage and anchor into bone tissue, wherein the suture anchor is configured to toggle and anchor inside a bone cavity; and
    - a suture channel formed in the elongate body for passage of a suture strand therethrough, the suture channel extending between the two opposed surfaces;
  - a loop of suture thread attached to the suture anchor; and
  - a suture anchor insertion tool, the tool having an elongate member with a proximal, handle end and a distal, attachment end.
16. The system of claim 15, wherein the proximal, attachment end of the suture anchor insertion tool includes an insertion tip configured to provide an interference fit with the bore of the suture anchor.

17. The system of claim 15, wherein the length of the elongate body is in the range of about 2 to about 6 mm.

18. The system of claim 15, wherein the width of the second trailing end is about 1 mm to about 3 mm at its widest portion.

19. A method of attaching tissue to a bone in a patient's body, comprising the steps of:  
providing a system for anchoring tissue to bone, the system including a bioabsorbable suture anchor having an elongate body defined by a longitudinal axis, a first leading end and a second, trailing end, the elongate body comprising two opposed surfaces between the first and second ends, and a plurality of sidewalls extending between the two opposed surfaces, a flared portion formed on the second end and extending from one of the sidewalls, the flared portion being adapted to engage and anchor into bone tissue, wherein the suture anchor is configured to toggle and anchor inside a bone cavity, and a suture channel formed in the elongate body for passage of a suture strand therethrough, the suture channel extending between the two opposed surfaces, the system further including a loop of suture thread attached to the suture anchor;  
forming a bone cavity in the bone where the tissue is to be anchored;  
securing the suture strand to a portion of tissue to be attached to the bone;  
inserting the suture anchor at least partially within the bone cavity; and  
toggling the suture anchor such that the flared portion of the anchor penetrates into an inner surface of the bone cavity.

20. The method of claim 19, wherein the step of toggling the suture anchor includes pulling on the attached suture strand.